

In some sporting activities, such as football, metal chutes are used to force the down linemen to remain in proper low center of gravity postures prior to the snap and engaging the rush of the defensive linemen. Other practice aids have been patented for football; however, none teach the specific training posture of the present invention. U.S. Patent No. 4,211,017, issued July 8, 1980, for example, provides a ~~Velcro~~ VELCRO® lined elongated strip which positions players in a variety line-of-scrimmage scenarios. U.S. Patent No. 3,804,409, issued April 16, 1974, discloses an apparatus for kicking a football tethered to a stake by an elastic cord so that the football returns to the kicker. U.S. Patent No. 5,252,076, issued October 12, 1993, discloses an apparatus for training athletes to track a football in motion and to react quickly to unexpected deflections of the path of the football, preferably with their hands.

The means to attach the bottom strap end 96 to the ring 60 of foot fitting means further comprises at least one ~~Velcro~~ end having hook and loop self-gripping fastening devices known in the art as VELCRO®. The VELCRO® end ~~having which~~ closes around the ring 60 in a self-attaching loop, and which releases upon the force applied when the athlete's leg extension exceeds a predetermined angle, as depicted in FIG. 2. It is critical that the releasing bottom strap end 96 be at the bottom of the strap 90 as opposed to the top 98 to avoid loose strap ends being on the sport playing surface and/or under the athlete's feet, either of which condition would present the likelihood for injury.

With the exception of the ~~velcro~~ hook and loop self-gripping fastening devices known in the art as VELCRO®, snaps, and elasticized elements, the strap elements of the present invention can be constructed of high strength nylon belting materials, and the like. The snaps are either plastic or metal, and the like, with the preferred embodiment using brass snaps.